FARES AUGUST 20 (Continued from page one) into effect would be unusual, oad officials pointed to the sugion of the Commission that the er charges be put in force "at as va date as practicable."

y putting the increased rates into t prior to September 1 the drain Treasury, under the guarantee of the Transportation act. be ended before expiration he Government's guarantee of nings to the roads. Officials estited today that September 1 the arantee provisions would have cost Government approximately \$650,-

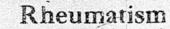
,000 for the six months since the

sage of the present railroad law.

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EXERCISE

ful women who should be fairly rep- method of walking are giving her flat

resentative of health ideals. And feet, her spine which she thought

not one was as well as she could be. perfect showed a slight curvature-

"Beauty is as beauty does," the not one measured up to par. These examination and learned, for ingood oll adage of our grandmother's were not over-worked girls from stance, that her way of sitting is day, has been modernized like every- poor families but intelligent, success- causing bad digestion, her shoes and thing else. Its 1920- model is "beauty is as beauty feels." The frail sofa-ridden heroines of Pride and Prejudice days have lost first place as popular ladies. Today our heroine is the girl or woman who radiates health and energy who can work in an office eight hours and then stride forth full of zest for a game of tennis, who can win an A in mathematics and also a medal for long distance swimming, who can keep house and "keep fit" at one and the

WILL CURE IT

The popular American girl is the healthy girl, and incidentally the healthy person is always young. From time immemorial and in all lands woman's chief vice or virtue, as been to keep young, no matter what her years. Think what a fortune would fall upon the prophet who could sell the idea-which happens to be the truth in this case-that good health is the safest bet for youthfulness and a youthful age. His or her fame would be made.

It is true, though not generallly realized, that health determines vouthfulness, efficiency and fitness and what is more important, that good health is within the reach of everyone who has had a fair start in life. The girl who is anaemic, weary, lacking in initiative and inactive has herself to blame as a rule. This idea of health as a birthright. a prize within every woman's reach a duty as well as the key to success and attractiveness, is being emphasized and spread abroad through the various efforts of the Physical Education secretaries of the National Board of the Y. M. C. A. Their "Social Education Department" started during the war years when women's health was of immediate and obvious importance, has enlarged its program beyond the usual gymnasium and swimming pool to include activities that will lead toward the better living of all kinds of women,-housewives who frequently forget their health in caring for others; busy business women who may be in danger of following in the footsteps of the classic "Tired Business Men"; girls in factories and stores whose idea of recreation is the movie and of exercise, the dance,

Health Centers are being established in large cities where women and girls can have medical and physical examinations free of charge, be card catalogued according to their physical fitness, and be advised individually as to the sort of exercise or habits of living which they should adopt to cure whatever may be keeping them below par. These examinations are not for invalids. They are for the normally healthy person but it is alarming to discover, as it was discovered about the men in the army that very few women are up to normal. Of 414 business women examined in New York City recently, and athletics than if she had heard a general lecture on good-health. These health centers in the large cities are overcrowded with appli-

cants. Being centers for constructive methods rather than the curative measures of the physician and being places where well people come to become super-well, they attract much more than any medical clinics dealng with sick people ever could. Factory girls of indifferent health with anaemic, frail appearance, no energy for good-times no initiative and no attractive attributes at all have been known in six months' time to change completely into vigorous, active, sociable, mentally keen persons, due entirely to the immediate and indirect results of exercise and good habits prescribed for them at the Health Centers. This sounds like a miracle. Perhaps it is, but it has happened and is all down in a filing case if anyone wishes to prove Another step of the Social Educa-

tion directors is to have all physical

When once a girl has taken a health when she has seen this proven true Bertine, the director of athletics in er of Salicylicacid.

about herself, she is more likely to the Social Education Department. "There must be a change of mind follow up the suggested exercising about this. Good health is a question of morality and women should have in their code of honor a personal responsibility for good health."

The whole movement, which is now being co-operated in by the Federation of Women's Clubs, if carried on to its possible finish will mean a new generation of healthy, wealthy and wise girls who will stop at nothing short of the impossible.

the traditional feminine attitude on this subject is a thing especially en-

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ASPIRIN

Training Departments in Associations throughout the country enlarge themselves into Health Training Centers to work toward the better health of all women in the community rather than the gym girl who is usually already athletically inclined and doesn't need attention. Groups of women meeting in their regular Name "Bayer" on Genuine social clubs can take a "correspondence course" in health improvement. Health inventories have been prepared and printed-containing questions as to diet, dress, bathing worry, symptoms and moods that when answered honestly by the individual, shows her where she is failing. Suggestions for corrective and remedical exercises and activities accompany the course and can be followed without difficulty. Illustrated

"Bayer Tablets of Aspirin" charts of exercises, remedying one uine Aspirin proved safe by millions thing or another show the most mex- and prescribed by physicians for over perienced person what she can do in twenty years. Accept only an unthe privacy of her own room, in those broken "Bayer package" which confirst precious ten minutes in the tains proper directions to relieve morning, toward increasing her Headache, Toothache, Earache, Neuralgia, Rheumatism, Colds and Pain. Thinking health and overcoming | Handy tin boxes of 12 tablets cost few couraged by the department every- cents. Druggists also sell larger "Baywhere. "Two many women expect er packages." Aspirin is trade mark to be sick half the time," says Miss Bayer Manufacture Monoaceticacidest-

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